

**NUTRITION CARE DIVISION
CARL R. DARNALL ARMY MEDICAL CENTER**

*Week III Regular Daily Menu 03 – 09 June 2007 ♥ Heart Healthy Plate of the Day (lower in fat and saturated fat) (Other Heart Healthy items are available on a regular basis, i.e. sandwiches, salad bar and potato bar.) ~ **SPECIAL OF THE DAY***

BREAKFAST: Served from 0600-0930 daily; (Omelets served from 0600 – 0830). **LUNCH:** Served from 1100-1400 (Sat. & Sun. 11:00 –1300). Darnall Staff, DENTAC and MP's on duty have priority daily and during the evenings and weekends. **DINNER:** Served from 1630-1800.

***MENU AND PRICES SUBJECT TO CHANGE W/O NOTICE.**

YOUR COMMENTS AND SUGGESTIONS ARE GREATLY APPRECIATED. OUR ADDRESS IS crdamcnutritioncaredivisiondfac@amedd.army.mil.

SUNDAY LUNCH	MONDAY	TUESDAY	WEDNESDAY	THURSDAY Soul Food Meal	FRIDAY	SATURDAY
♥Baked Ham Fried Chicken ♥Mashed Potatoes ♥Broccoli Broccoli w/Cheese Sauce Fried Cabbage Banana Pudding W/Van Wafers	Chic. Tortilla Soup ♥Lemon Baked Fish Stuffed Beef Roll Brown Gravy ♥Steamed Rice Mashed Potatoes Green Beans ♥Carrots Dinner Roll Choc. Chip Cookies Banana Pudding w/Van. Wafers	Potato w/Bacon Soup ~Philly Cheese Steak Chicken Fajita ♥Roast Pork Brown Gravy ♥Oven Brown Potatoes Spanish Rice Club Spinach ♥Corn Wheat Dinner Roll Apple Pie Gelatin	Chix Noodle Soup Swedish Meatballs Veal Parmesan ♥Healthy Bkd Fish Marinara Sauce Brown Gravy ♥Steamed Rice Fettuccine Noodles Vegetable Medley ♥Zucchini Bread Sticks Straw. Layer Cake Chocolate Pudding	BBQ Chicken Smothered Pork Chop Jambalaya Steamed Rice Candied Sweet Pot. Collard Greens Fried Okra Corn Bread Muffins Sweet Potato Pie Chocolate Pudding	Clam Chowder ♥BBQ Beef Brisket Fried Catfish Brown Gravy ♥Steamed Rice Mac & Cheese Black-eye Peas ♥Smothered Squash Peas Hushpuppies Cheesecake Banana Pudding w/Van. Wafers	Fried Chicken ♥Tortellini w/Marinara Sauce Chic. Gravy Mashed Potatoes ♥Carrots Corn Chocolate Cake
DINNER Chicken Parmesan ♥Spaghetti W/Marinara Sauce Steamed Rice ♥Corn Cherry Pie	Fried Fish ♥Garden Veg. Pasta w/Mott. Cheese Steak Fries ♥Steamed Rice ♥Smothered Squash Brownies	♥Roast Turkey Chicken Gravy Monticello Meatballs ♥Mashed Potatoes ♥Peas & Carrots Asparagus Lemon Cream Pie	Pork Schnitzel/ Mushroom Gravy ♥Mushroom Lasagna Toss Parslied Potatoes ♥Corn Squash Sugar Cookies	♥Grilled Salisbury Steak Brown Gravy Spinach Quiche ♥Broccoli Cauliflower ♥Mashed Potatoes Steak Fries Peach Cobbler	Fried Pork Chop ♥Garden Veg. Pasta w/Mott. Cheese Brown Gravy Mashed Potatoes ♥Mixed Vegetables Green Beans Garlic Toast Peanut Butter Ck	Braised Beef ♥Healthy Baked Fish ♥Boiled Noodles Steamed Rice ♥Peas German Choc. Cake

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Week I Regular Daily Menu 10 – 16 June 2007 ♥ *Heart Healthy Plate of the Day* (lower in fat and saturated fat). Other Healthy Heart items are available on a regular basis, i.e. sandwiches, salad bar and potato bar. ~ ***SPECIAL OF THE DAY***

BREAKFAST: Served from 0600-0930 daily; (Omelets served from 0600 – 0830). **LUNCH:** Served from 1100-1400 (Sat. & Sun. 11:00 –1300). Darnall Staff, DENTAC and MP's on duty have priority daily and during the evenings and weekends. **DINNER:** Served from 1630-1800.

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**SUNDAY
LUNCH**

♥Roast Beef w/Brown
Gravy
Grilled Ham & Cheese
Sandwich
♥Mashed Potatoes
Steamed Rice
Cauliflower
w/Cheese Sauce
♥Peas
Cherry Pie

MONDAY

Chix Tortilla Soup
Meatloaf
Liver & Onions
Brown Gravy
♥Steamed Rice
Mashed Potatoes
♥Broccoli
Squash
Dinner Rolls
Banana Cream Pie
Banana Pudding
w/Vanilla Wafers

TUESDAY

Potato w/Bacon Soup
~Philly Cheese Steak
Fried Trout
♥Herbed Bkd Chicken
Chicken Gravy
Mashed Potatoes
♥Rice Pilaf
Corn
♥Vegetable Medley
Cornbread Muffins
Cobbler
Lemon Cream Pie
Gelatin

WEDNESDAY

Chix Noodle Soup
~Ital. Meatball
Sandwich
♥Spinach Cheese Cass.
Country Fried Steak &
Gravy
Mashed Potatoes
Peas
♥Carrots
Dinner Rolls
Carrot Cake
Chocolate Pudding

THURSDAY

Italian Meal

Chicken Parmesan
Lasagna
♥Marinara Sauce
♥Spaghetti Noodles
Fettuccini Noodles
Vegetable Medley
♥Spinach
Garlic Bread Stick
Éclair
Gelatin

FRIDAY

Training Holiday

Fried Catfish
♥Roast Turkey
Chicken Gravy
Mac & Cheese
♥Mashed Potatoes
Club Spinach
♥Green Beans
Hush Puppies
Brownies
Banana Pudding
w/Vanilla Wafers

SATURDAY

♥Roast Pork Loin
DP FRD Chix Fillet
Sandwich
Brown Gravy
Pizza
♥Steamed Rice
♥Mixed Vegetables
Peas
Cheese Cake

DINNER

Spaghetti & Meat Sauce
Brd. Veal Steak
♥Spaghetti & Marinara
Sauce
Mashed Potatoes
♥Green Beans
Corn
Garlic Toast
Strawberry Layer Cake

♥Roast Turkey &
Gravy
Polish Sausage
♥Mashed Potatoes
Cornbread Dressing
♥Mixed Vegetables
Brussels Sprouts
Brownies

Chicken & Broc.
Stir Fry
♥Lemon Baked Fish
♥Steamed Rice
♥Zucchini
Carrots
Apple Pie

♥Savory Baked
Chicken
Turkey Tetrazinni
♥Oven Brown Potatoes
♥Corn on the Cob
Peas
German Choc. Cake

Beef Stroganoff
♥Garden Veg. & Pasta
w/ Mott. Cheese
Boiled Noodles
♥Carrots
Broccoli
Peanut Butter Cookies

♥BBQ Chicken
Fried Catfish
♥O'Brien Potatoes
♥Corn
Squash
Banana Pudding
w/Van. Wafers

Meatloaf
Brown Gravy
Chicken Parmesan
♥Fettucine w/ Marinara
Sauce
♥Vegetable Medley
Corn on the Cob
Mashed Potatoes
Banana Cream Pie

NUTRITION CARE DIVISION
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Week II Regular Daily Menu 17 – 23 June 2007 ♥ *Heart Healthy Plate of the Day* (lower in fat and saturated fat). (Other Healthy Heart items are available on a regular basis, i.e. sandwiches, salad bar and potato bar. ~ **SPECIAL OF THE DAY**

BREAKFAST: Served from 0600-0930 daily; (Omelets served from 0600 – 0830). **LUNCH:** Served from 1100-1400 (Sat. & Sun. 11:00 –1300). Darnall staff, DENTAC, and MP's on duty have priority daily and during the evenings and weekends. **DINNER:** Served from 1630-1800.

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**SUNDAY
LUNCH**

♥Roast Turkey
Turkey Gravy
Grilled Polish
Sausage
♥Mashed Potatoes
Cornbread Dressing
♥Broccoli
Sauerkraut
Sweet Potato Pie

DINNER

Veal Parmesan
♥ Spaghetti w/ Marinara
Sauce
♥Corn
Apple Pie

**MONDAY
Memorial Day**

Egg Rolls
Yakisoba (Beef & Spag)
♥Chinese Five Spice
Chicken
Chic Gravy
♥Steamed Rice
♥Carrots
Fried Cabbage
Cornbread Muffin
Lemon Cream Pie
Banana Pudding
w/Vanilla Wafer

Beef Stroganoff
Turkey Tetrazinni
♥ Boiled Noodles
♥Green Beans
Brownie

TUESDAY

**Potato w/Bacon
Soup**
~Philly Cheese Steak
♥ Yankee Pot Roast
Fried Chicken
Chic Gravy
Au Jus
♥Mashed Potatoes
Steamed Rice
Okra & Tomatoes
♥Asparagus
Dinner Rolls, Wheat
Dbl. Choc. Chip Cookies
Gelatin

Meatloaf
♥ Garden Veg. & Pasta
w/Mott. Cheese
Brown Gravy
Parsley Potatoes
Collard Greens
Garlic Toast
Chocolate Cake

WEDNESDAY

**Chix Noodle
Soup**
Grl'd .Pork Chop
♥Oven Fried Tilapia
Brown Gravy
♥Rice Pilaf
Mashed Potatoes
Corn
♥Vegetable Medley
Carrot Cake
Chocolate Pudding

♥Roast Pork
Meatball Sand. w/Mott.
Cheese
♥Mashed Potatoes
♥Broccoli
Banana Pudding
w/Van Wafers

**THURSDAY
German Theme
Meal**

Jaegerschnitzel
w/Mush. Gravy
Bratwurst
♥Herb Bkd Chix
♥Noodles
German Potato Salad
Steamed Cabbage
Sauerkraut
♥Spinach
Broetchen
German Choc. Cake
Gelatin

♥Beef & Broc. Stir Fry
Polish Sausage
♥ Steamed Rice
♥Carrots
Sauerkraut
Apple Cobbler

FRIDAY

Clam Chowder
Catfish Fillet
BBQ Ribs
Garden Veg. & Pasta
Mac & Cheese
♥Steamed Rice
♥Pinto Beans
♥Collard Greens
Fried Squash
Cornbread Muffin
Cheesecake
Banana Pudding
w/Vanilla Wafer

♥Chicken Fajita Wrap
Grl'd Ham & Cheese
Sandwich
♥Spanish Rice
♥Mexican Vegetable
Blend
Coconut Cream Pie

SATURDAY

Turkey Tetrazinni
♥Roast Pork
Brown Gravy
♥Boiled Potatoes
♥Carrots
Spinach
Lemon Layer Cake

Country Fried Steak
♥Mashed Potatoes
♥Corn on the Cob
Choc. Cream Pie